



Malaysian Physiotherapy Association Presents

NATIONAL PHYSIOTHERAPY WORKSHOP 2022

World Physiotherapy Day Celebration

"DRY NEEDLING CERTIFICATION COURSE LEVEL 1"



ASSOC. PROF. JANE ROONEY, FACP, CF

PHYSIO EDUCATORS, AUSTRALIA

Specialist Sports and Exercise Physiotherapist

- Fellow of the Australian College of Physiotherapists (sub specialty knee, 2009)
- Churchill Fellow (2016)
- Titled Musculoskeletal Physiotherapist (1997)

Jane Rooney has a passion for education and is the sole director of Physio Educators, which provides courses and online masterclass.

Jane is an Associate Clinical Professor at Swinburne University, an Honorary Lecturer at Melbourne University, Guest Lecturer and post-graduate clinical mentor at La Trobe University, an examiner and facilitator for Australian College of Physiotherapists.

Jane has extensive clinical experience in the Sports Medicine field, both in Europe and Australia and is the Clinical Director of Prahran Sports Medicine Centre, Melbourne, Australia.

She has particular interest in ACL injury management, rehabilitation and prevention programs. Jane is currently involved in several ACL injury research projects at Melbourne and Swinburne Universities.

Jane works closely with many Melbourne's leading knee surgeons and sports physicians. Jane enjoys the challenge of working with athletes of all abilities including recreational, school, state, national and international competitors to realise their goals.

16-18 SEPTEMBER
2022



**DORSETT HOTEL
SUBANG**



MPA MEMBER

RM2000

NON MPA MEMBER

RM2500



More Information

mpa.net.my





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ONLINE LECTURE

Participants are required to attend this online course 4 weeks* prior to the practical course via an online platform which will be announced soon.

PRACTICAL COURSE

FRIDAY, 16th SEPTEMBER 2022 (DAY 1)

- 08.00 - 09.00 Registration
- 09.00 - 09.30 Session 1: Group discussion on Dry Needling
- 09.30 - 10.30 Session 2: Dry Needling Practical Procedure
- 10.30 - 12.00 Session 3: Dry Needling for lumbar and referred sciatic nerve conditions or nerve root conditions
- 12.00 - 13.00 Session 4: Dry Needling in the Lumbar Spine
- 13.00 - 14.30 Lunch and Friday Prayer
- 14.30 - 15.30 Session 5: Dry Needling for the Neck Pain and Cervical Headache
- 15.30 - 16.30 Session 6: Dry Needling of the Upper Trapezius and Thoracic Region
- 16.30 - 17.00 Session 7: Dry Needling for Quadratus Lumborum
- 17.00 Evening tea



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PRACTICAL COURSE

SATURDAY, 17th SEPTEMBER 2022 (DAY 2)

- 08.00 - 09.00 Registration
- 09.00 - 10.00 Session 8a: Dry Needling shoulder girdle
- 10.00 - 11.00 Session 8b: Dry Needling tennis elbow
- 11.00 - 12.00 Session 9: Revision session
- 12.00 - 13.00 Session 10: Dry Needling for knee conditions and acute muscle injuries
- 13.00 - 14.00 Lunch
- 14.00 - 15.00 Session 11: Dry Needling of tensor fascia latae, adductor muscle group and hamstring muscle group
- 15.00 - 16.30 Session 12: Dry Needling for the foot, ankle and calf
- 16.30 - 17.00 Session 13: Exam preparation
- 17.00 Evening tea
- 19.00 World Physiotherapy Day Celebration (Dinner)

SUNDAY, 18th SEPTEMBER 2022 (DAY 3)

- 08.00 - 09.00 Registration
- 09.00 - 12.00 Practical Exam
- 12.00 - 13.00 Lunch
- 13.00 - 16.30 Plenary Session
- 16.30 - 17.00 Closing ceremony
- 17.00 Evening tea